

W S
80
H878h
1898



HINTS

...on the...

Care of Children

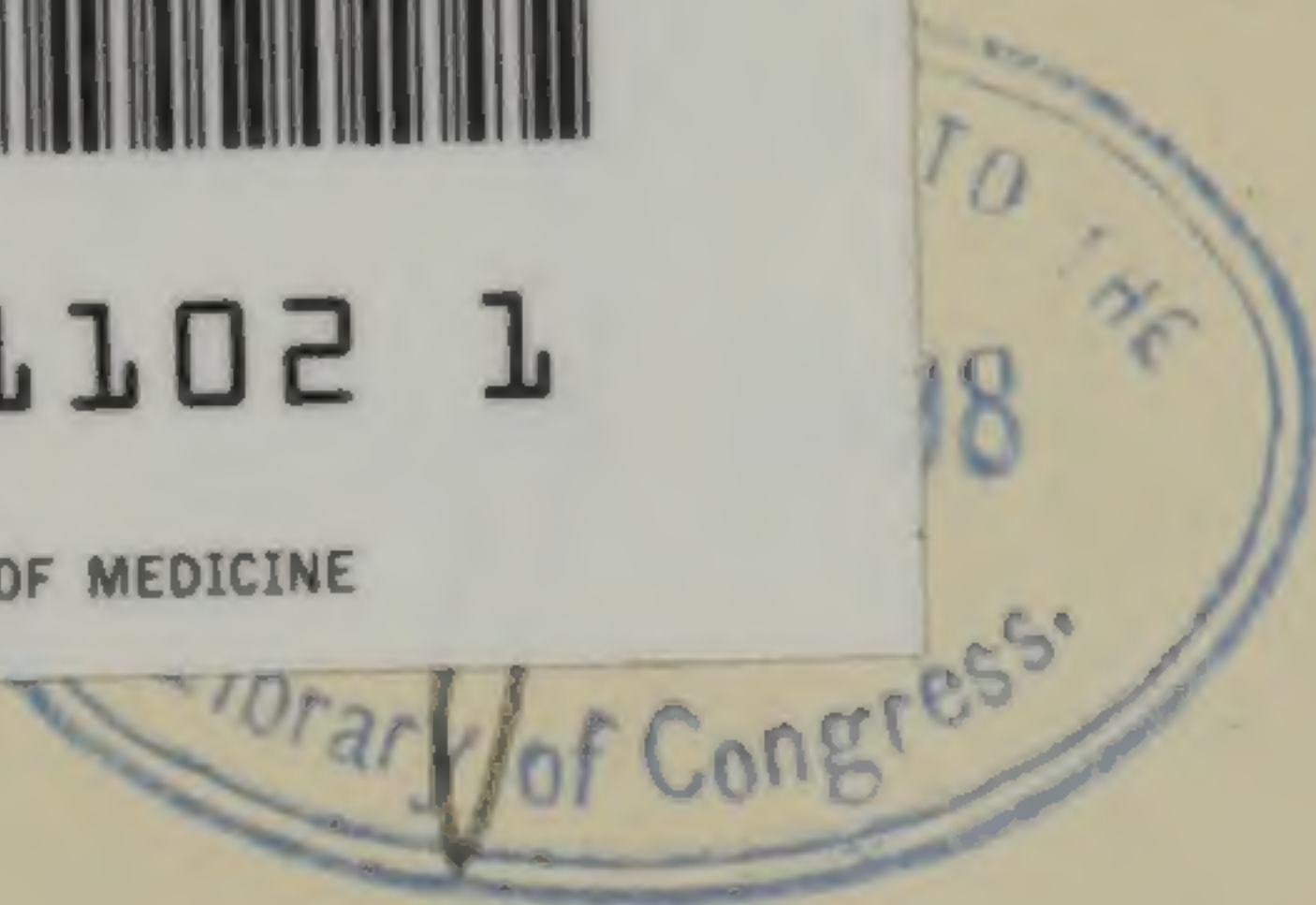
WS 80 H878h 1898

48630960R



NLM 05251102 1

NATIONAL LIBRARY OF MEDICINE



SURGEON GENERAL'S OFFICE
LIBRARY.

ANNEK
Section

No. 113,
W. D. S. G. O.

No. 292035

8-513

MAY 16 1898

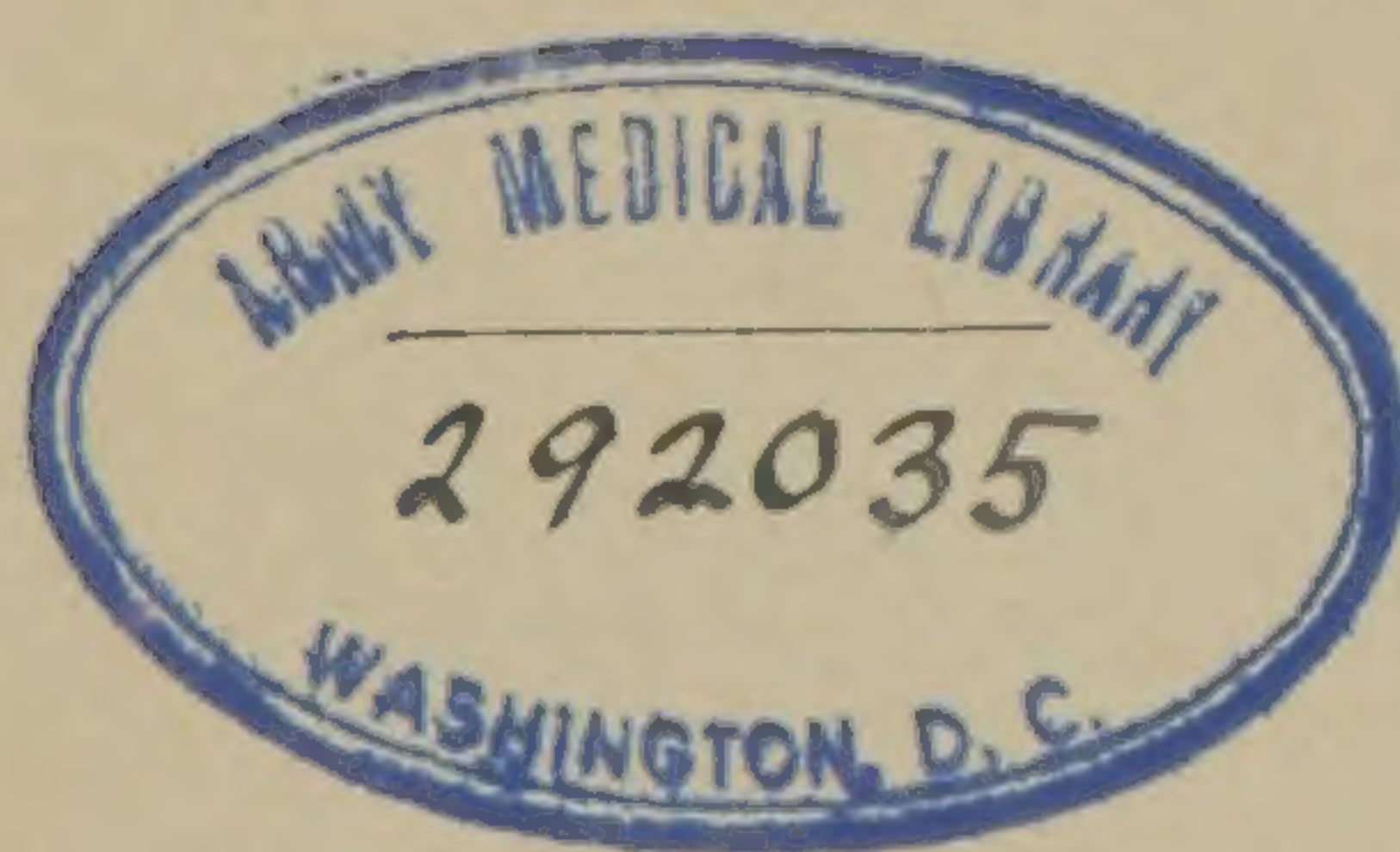
HINTS

ON THE

CARE OF CHILDREN.

BY

LUCY E. HUBERT.



PHILADELPHIA :
GEORGE S. FERGUSON CO.,
1898.

25476

1st COPY,
1898.

Annex

WS

80

H 878h

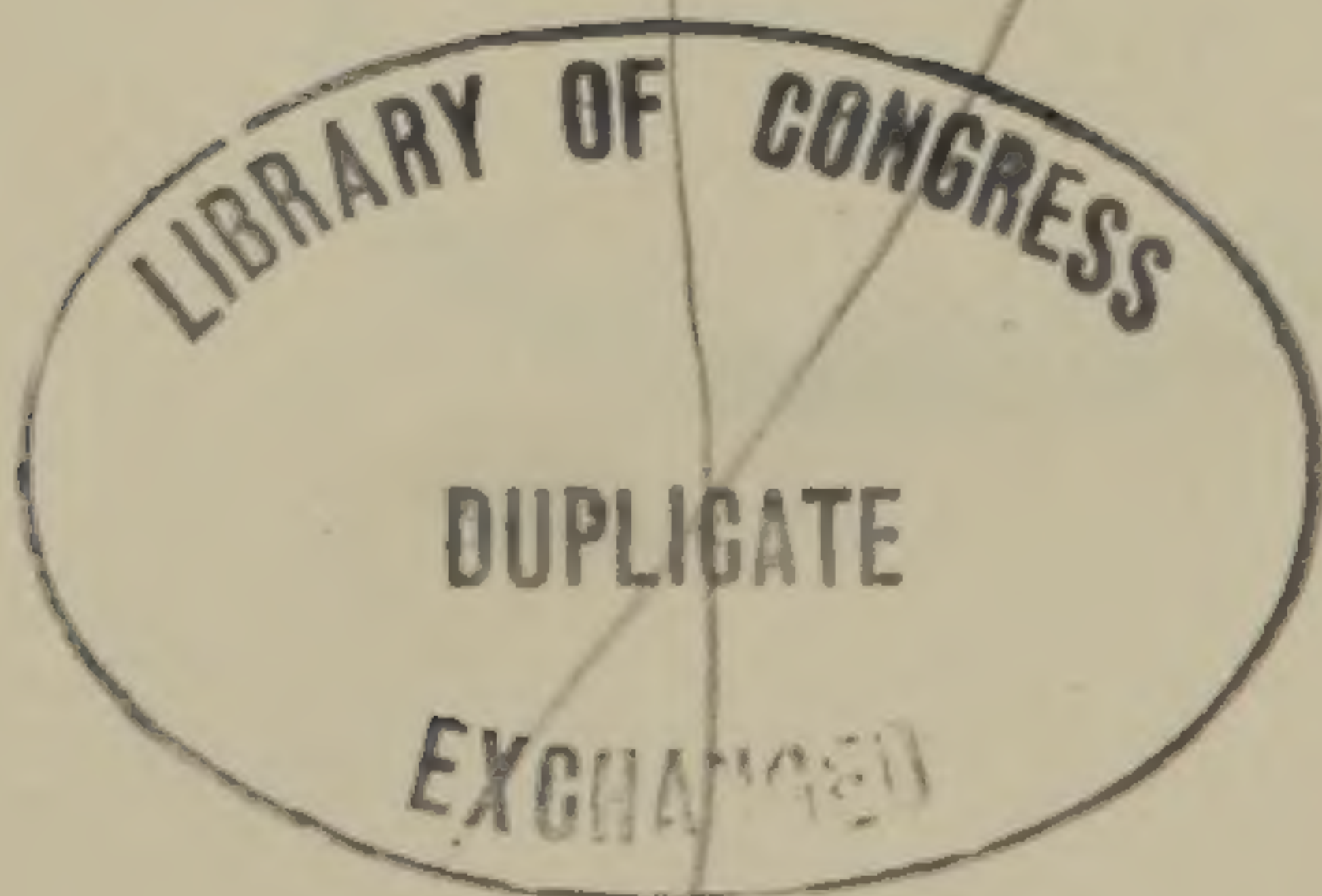
1898

Entered according to Act of Congress in the year 1898, by

LUCY E. HUBERT,

in the office of the Librarian of Congress, at Washington.

(ii)



CONTENTS.

CHAPTER I.

INTRODUCTION,	9
-------------------------	---

CHAPTER II.

FOOD,	12
-----------------	----

CHAPTER III.

FOOD— <i>Continued</i> ,	14
------------------------------------	----

CHAPTER IV.

FOOD— <i>Continued</i> ,	18
------------------------------------	----

CHAPTER V.

FOOD— <i>Continued</i> ,	22
------------------------------------	----

CHAPTER VI.

THE IMPORTANCE OF AIR,	27
----------------------------------	----

CHAPTER VII.

SENDING FOR THE DOCTOR,	32
-----------------------------------	----

CHAPTER VIII.

DENTITION,	36
----------------------	----

CHAPTER IX.

SLEEP,	41
------------------	----

CHAPTER X.

THE MEDICINE CHEST,	46
-------------------------------	----

CHAPTER XI.

NARCOTICS,	53
----------------------	----

CHAPTER XII.

CONSTIPATION,	59
-------------------------	----

CHAPTER XIII.

CLOTHING,	63
---------------------	----

CHAPTER XIV.

RELIGIOUS TRAINING,	66
-------------------------------	----

CHAPTER XV.

THE CARE OF BOYS,	73
-----------------------------	----

PREFACE.

THERE are two things which led me to write this book:

First. As an assistance to the young mother, who finds herself for the first time with an infant to care for and no one to whom she can look for guidance and counsel.

Second. In my position as pastor's wife I have many opportunities of observing many families, and I am struck very forcibly with the general lack of knowledge of the proper food to give small children. I also find many benefited by what I have told them, and it is no uncommon thing for many to come to me for advice. In many, many cases I find children suffering from improper food, especially when cutting teeth.

My heart goes out to the little children and aches for suffering they endure, which so often might be prevented.

In the young mother I see myself, and am con-

stantly reminded of the mistakes I made with my first child ; and how often the thought comes to me since : “If I had just had some one to tell me the many things I now tell others, how much better it would have been.”

There are certain contagious diseases, which, under ordinary circumstances, we cannot avoid ; but, aside from that, there *is* much we can prevent. I, therefore, write this book in the hope that many may be benefited by the result of my observation and experience among children.

LUCY E. HUBERT.



LUCY E HUBERT.

TESTIMONIALS.

“Hints on the Care of Children.”

In issuing this book to the public, I feel that the author, Mrs. Lucy E. Hubert, has conferred a lasting benefit, not only upon mothers, but upon young women generally.

I well remember her as a bright and lovely young student at our Institute, and I also remember that I used to say to myself: “Lucy is too delicate to live very long.” But Lucy is now a fine matronly woman, with a number of healthy children. How she has taken care of herself is not the subject now, but she tells us how she has brought up those fine boys of hers, and I for one have been deeply interested and greatly instructed in reading her papers on “The Care of Children.” I do not believe that it is necessary that there should be so high a death-rate among young children. It is not a visitation of Providence, but the fact that the mothers, however much they may love their little ones, do not know how to take care of those little bodies, which are, indeed, “fearfully and wonderfully made.” There is a close relation between our physical, mental and moral natures. A child cannot be morally and mentally healthy if its body is not properly cared for. No instrument which is out of tune can give harmonious sounds, however skillful may be the touch of the musician. How to give this wise and greatly needed care, is admirably told in Mrs. Hubert’s book; and I cheerfully recommend the book, believing that great good must follow its perusal.

FANNY JACKSON COPPIN.

PHOENIXVILLE, PA., March 11, 1898.

MRS. LUCY E. HUBERT:

After a careful examination of your many articles or writings upon the hints and care of children, it gives me great pleasure to heartily endorse your book as the culmination of those valuable papers. Hoping it may do much toward helping and elevating the motherhood of our land, I remain,

Yours respectfully,

W. H. MOSTELLAR, M. D.

HINTS ON THE CARE OF CHILDREN.

CHAPTER I.

INTRODUCTION.

AN eminent lady teacher once said to her pupils: “The greatest calamity that can befall a woman is never to have a child. The next greatest calamity is to have one only.” In every vocation of life some knowledge is deemed requisite. No one would think of hiring out as a cook, washer-woman, school-teacher, or anything else without knowing anything about either business; yet young girls are allowed to grow up and marry without knowing anything about the care of children.

The most important office of life—motherhood—is entered upon without any knowledge or preparation. The result is, very nearly everyone loses the first child; and others lose one child after another

without learning any lessons from their experience. "Four hundred thousand babies annually breathe their first and last in the United States"—being either so poorly endowed with vital powers, or so inadequately nourished and cared for that they cannot longer survive. One-third of all the children born depart this life before they reach five years of age. Remembering well how very helpless I felt when I was left alone for the first time with an infant to care for, I shall endeavor to write a series of papers that will be a help to some other mother who may feel as I felt ; or arouse others to a knowledge of the great mistakes they are making with their little ones.

The care of children has never received the attention it is now receiving, and it is none too soon. Hundreds of children are resting 'neath the sod and many hearts are aching over the loss of loved ones, who would be with them to-day if only their caretakers had known a little more about a baby's requirements. A young mother said to me several weeks ago : "I have bad luck with my children." When I saw her fourteen-months-old baby eating, I did not wonder at her "bad luck." It was a won-

der to me that any of her children lived. Many babies are started on the road to dyspepsia before they are an hour old.

“Born but to weep, and destined to sustain
A youth of wretchedness, an age of pain.”

CHAPTER II.

FOOD.

THERE is nothing more important in the care of a child than the food question. It begins with the first day of our life and links itself with the welfare of every human being every day of life. Food serves two great purposes: to build up flesh and bones, nerves and blood; to furnish heat and power to the body.

It is an undisputed fact that mother's milk is the best and most natural food for an infant. A very great mistake is made in many households with the baby's first meal. The first fluid secreted by the breast is a thin liquid, called colostrum. This acts as a cathartic and relieves the child of an accumulation of waste matter, the meconium. It is entirely unnecessary to give molasses, sugar and water, and catnip-tea to open its bowels, as is often done.

I was visiting a family several years ago, where a child was born during the night; the next morning the nurse had it downstairs giving it brandy and

water to relieve the colic, caused very likely by the molasses and water she had previously given it. The colostrum is not very nutritious, but it is all that nature provides for the baby until it is about two days old, and she seldom makes mistakes. If for any reason the child cannot be nursed, it needs very little food until the third day. A mother ought not, unless she intends to devote herself to her baby, to undertake to nurse him. She must make up her mind to forego the so-called pleasures of a fashionable life. Mothers sometimes dry up the breast in order that they may be free to go about at will. Where mothers are obliged to work away from home a great deal, leaving the infant to the care of others, it is perhaps best so ; but the mother who can and does not nurse her infant, deprives it of its best chance for life, and can have but little love for it. Children, like plants, grow and thrive in proportion to the care bestowed upon them, and where parents consider them a care and bother, and do for them only what they must, it can be truly said :

“There children dwell who know no parent's care,
Parents who know no children's love dwell there.”

CHAPTER III.

FOOD—*Continued.*

MANY mothers nurse their babies every time a cry is heard. The first and only thought seems to be, it must be hungry. Not only that, but when the mother is busy talking and wants to keep the child from bothering her, she puts it to the breast regardless of the fact that it can't be hungry. I have seen a mother put her baby to the breast seven times in four hours. Very often a baby is thirsty and crying for water; especially is that the fact very often in the summer. Sometimes a mother will complain of being very tired in the morning, saying the baby nursed all night. Had she given it a drink of water instead of the breast, it very likely would have slept and both would have been refreshed in the morning. If the baby worries, the mother puts it to the breast; if it cries from hunger,

she gives it the same remedy. A child cries from lying too long in one position, from tight clothing, from heat, from cold, and whatever the trouble, the same remedy is employed, and then when the child still cries and refuses to be comforted, it is said to be cross. I have heard babies in the neighborhood crying for hours, and the only explanation seems to be "it is cross;" "this is its bad day," etc. When the whole trouble lies in the fact it is suffering from an overloaded stomach. If you would preserve your baby in health, give it nourishment with perfect regularity as to time. Dio Lewis says, "My best judgment is that up to six months of age, a baby should nurse once in three hours and after that, until it is weaned, once in four hours. A baby should have nothing during the night. If denied for a week, it will almost invariably sleep all night; but if, when it worries, the usual mouthful is stuffed into its open mouth, you have begun the most ingenious of all expedients to make it troublesome during the night. In many hundred babies whose nocturnal restlessness has been brought to my notice, I have advised abstinence during the night, and

always, when managed with a little patience, the result has been most satisfactory to all concerned." Chavasse says, "A mother generally suckles her baby too often, having it almost constantly at the breast. This practice is injurious both to parent and to child. The stomach requires repose as much as any other part of the body ; and how can it have it if constantly loaded with breast milk ? For the first month he ought to be suckled about every hour and a half ; for the second month, every two hours, gradually increasing, as he becomes older, the distance of time between, until at length he has it about every four hours." Where the child sleeps with the mother, it requires considerable patience to train it into good habits ; but where the child sleeps in a crib or cradle, it is comparatively easy. I have found the habit of feeding a baby every two hours a very great help to me. It not only makes a healthy baby, but it saves me from mistakes, for it always knows when its two hours are up, and is ready to make a hearty meal ; not only that, but if it cries between that time, I know it is something else that troubles it. I never have any trouble with

cross, crying babies. We never speak of babies' cross days in this household, for they never have any.

A bright little boy with laughing face,
Whose every motion is full of grace ;
Who knows no trouble and fears no care,
The light of our household—the youngest there.



PETER D. HUBERT.

CHAPTER IV.

FOOD—*Continued.*

MOST mothers are in the habit of giving a baby table food as soon as it is old enough to sit in the lap at the table. It is astonishing what different kinds of things some persons will put into a baby's stomach. A baby's salivary glands do not secrete their proper fluid—ptyaline—until he is six or seven months old, and consequently the starch of the farinaceous food—and all farinaceous food contains starch—is not converted into dextrine and grape sugar, and is therefore perfectly indigestible. Hence the great mortality among infants. Farinaceous foods *of all kinds*, before a child commences cutting his teeth, are worse than useless ; they are positively injurious and may bring on convulsions. It is not well to make too great a change in a baby's food *during* teething. I well remember I gained the idea that every baby must necessarily have a "second-summer" trouble. Every time I saw a baby sick or fretful I would hear something in re-

gard to its teeth or "second summer." To-day in two-thirds of the households you will be told baby is sick or cross because of his teeth. When my oldest boy was about seven months old he suddenly took quite sick, and when the doctor came I told him I supposed he was teething—hence his illness. He very quickly told me to take care of his stomach and I would have no trouble with his teeth. I took his advice and I found it to be indeed the truth. Teething need have no terrors for the mother who studies the kind of food that her child can digest and gives it that alone. I also make it a rule *never* to give cake or candy to a baby under a year old. Wherever an injudicious friend has given candy, especially during teething, the effect has been bad. I have seen three children through the teething period and the fourth is cutting teeth. Sometimes they have been cutting four at a time in the hottest weather, and we never realize they are cutting teeth except as we see the imprint in the gums or when one comes through.

When one of my boys was teething the weather was very hot and he became very sick during the day. At that time I was giving him oatmeal

mixed with milk in a bottle. I stopped the oatmeal and kept him on milk alone and he was as well as usual the next day, while several other babies attacked the same way, who were fed on mixed food, became rapidly worse, and in some cases died. Another little one was given some candy and the only illness he had while teething was caused by that candy. So many persons are accustomed to giving babies all manner of mixed food that it is very hard to convince them that such things have an injurious effect on their child. Besides they consider it too much bother to prepare something special for the little ones. It *does* take considerable thought to always see that there is something ready for the little ones instead of expecting them to eat of all the indigestible things older people very often partake of; but it pays a hundred times over.

Not only is a child in better health while teething, but it runs very little risk of catching all kinds of diseases and is so much better contented and happy. When we consider the terrible sickness and suffering brought on children by injudicious feeding it is simply wonderful how parents can go so blindly on.

I know one child who was sick pretty much all

summer—having convulsions a great part of the time. It really seemed he could not get well. When I found out what he was given to eat I considered it almost a miracle that he lived through it. He is only one among many who are so fed and suffer in consequence.

CHAPTER V.

FOOD—*Continued.*

MILK is the only article which will alone permanently sustain human life. It is the only one which contains all the elements found in the animal body. There is no doubt that milk is the proper food for infants. Yet how often do we hear people say, "Milk is only a drink," "The baby must have something else to eat," etc.! So many get an idea that milk is not sufficient food, and so they give various farinaceous foods, such as cornstarch, arrow-root, cracker food, and potatoes, even from the earliest period. Many of these consist of starch alone. It has been shown that the saliva of infants has not at first the digestive action on starch that it acquires after the teeth come. Microscopical examination of the artificial foods prepared and sold for infants proves many of them deficient in gluten and too abundant in starch to make them desirable nutriment. When milk or any of the artificial foods for babies do not agree, if the mother is sure

she is following the directions given, she should change the food. When it is impossible to get pure cow's milk, condensed milk is a very good substitute. I knew a mother to complain that condensed milk did not agree with her baby, and when I questioned her I found she put sugar in it. As it is already very sweet, that of course was injurious. I have known others to mix the milk wholly by guess, either having it perhaps too rich or not rich enough. By following directions closely and noticing the effect upon the child, any mother can easily ascertain how much milk her baby requires. After gradually changing the milk for one of my babies until he was about six months old, I thought he was old enough to make it still richer; so instead of putting as much water with it as formerly, I put less. Several days after I noticed a boil on his head, and soon he had a great many boils. As I knew rich food caused boils, I reduced his milk as formerly, and the boils soon disappeared.

Many mothers put lime-water in a baby's milk during hot weather, and then discontinue it. I have found it a good thing to use very often in the winter also. I have found Nestle's Milk Food

an excellent thing to give a baby. It is the only thing I have found to leave no undigested curds in the child's motions. After a child is six or seven months old, *well-cooked* oatmeal, or farina, or some of the excellent preparations of wheat foods which are manufactured, may be given it with good results. Dr. Hall says: "When children come to the age when only three meals a day are allowable, nothing, as a rule, should be permitted between meals except ripe fruits or berries (midway between)—fresh, perfect and raw—and nothing with them. With these restrictions, children may be allowed their fill of fruits and berries twice every four hours, not only without injury, but with a most positive and enduring good, tending to keep the body in vigorous health and to avert every disease."

If a child has been nursed at regular hours it is very easily trained to do without piecing between meals, or rather it never looks for it.

Some people seem to think a child should be constantly eating, and so keep him supplied with something to eat, in season and out of season. I was spending the day, together with several other ladies, at a house some time ago. One little child,

not much more than a year old, went to sleep, and when he awoke, instead of milk or bread and butter, he was given a large piece of cake to eat. Soon after, dinner was announced, and, as he had spoiled his appetite with the cake, he did not care for any dinner, so he played around the room until the pie was brought in and then came to his mother and she fed him with pie. No one should wonder at a child not thriving who is fed in that way. If a child is not given anything to eat very near meal-time, it can eat a hearty meal and then it won't be crying for something between meals. I have so often been surprised at persons when I have been visiting; they would be ready to put things on the table, and, still in spite of all I could say, they would give the children a piece of something to eat, and when they got through that they had little appetite for anything else.

Sweetmeats, especially, should not be given a child directly before a meal.

A child might be given a baked potato to eat after it is a year old; but fried potatoes are too indigestible to be *even thought of*; and pie and shortcake should not be given to a small child.

A well child is so much easier taken care of than a sick child, besides laying the foundation for future health and happiness. How much sickness and discomfort a mother might save her child by taking care of what he eats !

“ Now good digestion wait on appetite,
And health on both ;
For health is riches to the poor.”

CHAPTER VI.

THE IMPORTANCE OF AIR.

AFTER two years of age, a child's diet varies. An infant does not need variety of food. The most careful attention is necessary when the child comes to the age of a mixed diet, that we might know what agrees with a child and avoid that which disagrees. As children vary in their capacity of digestion, what one child can eat is injurious for another. So that new foods must be given slowly, and their effect upon the system noticed. Anything which disagrees should not be given again until the child is considerably older. When a child eats anything that makes it sick, the best thing to do is to let the stomach rest. As a general thing, the child will have little or no appetite. Don't coax or force it to eat, and in a few hours it will be well again, provided it has been properly fed from the first. Mothers should see to it that their children do not eat too much slop food, that is; bread and tea, coffee and bread, etc.

The teeth, like the muscles, grow and develop by exercise. When so much slop food is eaten the teeth have nothing to do, and the jaws do not develop sufficiently for the second set of teeth to grow strong and broad. School children very often do not get the food best suited for them. Among the common foods, with reference to their capacity to support the brain, we have salmon, codfish, haddock, smelt, lobster, beef, veal, Indian corn, mutton, lamb, beans, barley and oats. The first named being richest in phosphate or brain nutriment, decreasing in amount as we go down the list, but all rank well as brain food. Meat stimulates the nervous system and increases the activity of the brain, so that its use should be restricted in the case of nervous children.

Fat is essential to the tissues of the nerves and brain, and is peculiarly important to children, as the brain enlarges rapidly during childhood. Next to butter and cream, bacon is one of the most palatable forms in which it can be given. Equally as important as the food question is that of sunshine and air. A noted lawyer said: "I have a fancy for chickens, and have raised more than thirty different sorts. I have tried a great many plans of feeding,

watering, roosting, etc., and can hardly say that I am settled about anything except this—*chickens can't be raised in the shade. If the direct rays of the sun cannot reach them, they will die.*" The same is true of children. Any child kept away from the sun and air is sure to be pale and sickly. So many persons for fear of faded carpets will keep the blinds closed and the curtains carefully drawn. Far wiser would it be to open the windows and let the family have the benefit of the air and sunshine. Better have faded carpets than faded children.

Statistics have shown that those persons who always sit in the shade and always seek the shady side of the street to walk on never live as long as those who are in the sun. The sun and air will do far more toward preserving and restoring health than all the doctors in the world. Dio Lewis says: "What takes place in the lungs is more important than anything that precedes it in the process of digestion. For example, a man may live upon fried salt pork, hot saleratus biscuit and strong green tea, (I don't know of a worse dose), if he live on the western plains and breathe pure air, he will have a purer blood, a finer, healthier skin, and will

be freer from humors than another man who lives upon the choicest fruits, but who constantly breathes the air of a close furnace-heated house. The first and last step in digestion should be well done. First, *chew* well, and, last, *breathe* well." Just here is where a very common mistake is made. You will hear someone say : " I was brought up to eat all kinds of things," or " I always gave my children all kinds of table food and it never hurt them." These people were brought up almost entirely in the open air, and of course they could stand what a child could not stand who spends the most of its time in the basement kitchen of a city house.

I have before me the testimony of a woman who says : " I believe my good health is entirely due to the life I led for the first sixteen years, so that now, with a big son and daughter, I am so healthy and youthful in my physique, so utterly without aches and pains, that I am almost a freak. I lived in Northern Minnesota in the days before there was a railroad in the State. I rode the wild Indian plains like a native, I climbed trees, went trout fishing, and could handle a rifle with skill. I could skate for miles up and down the Mississippi, and swim a mile

without trouble. I could walk miles and miles. Those were the days that made all my after-life of so much pleasure to me and gave me strength to battle with the troubles life brings to us all." Girls in particular are kept in the house entirely too much ; instead of having the boys roam freely outdoors while the girls are kept in, it would be a good thing to give the boys something more to do inside and give the girls a chance to be outside.

“Out in the hilly patch,
Seeking the berries—
Under the orchard tree,
Feasting on cherries—
Tramping the clover blooms
Down 'mong the grasses,
No voice to hinder them,
Dear lads and lassies.”

CHAPTER VII.

SENDING FOR THE DOCTOR.

IT is often remarked that people depend too much on doctors, and we often meet persons who brag of never having a doctor and of taking no medicine. The trouble is not that people depend too much on the doctor, but that they depend too much on drugs; that is, they will buy different things from the drug-store, when a competent physician would prescribe what was needed, and thus effect a cure. Sometimes positive harm is done in that way.

Who does not know of cases which could have been cured by calling the doctor in time but which resulted fatally because of delay?

Small children, in particular, should have attention at once. A delay of a few hours sometimes results in death. I never can forget the case which a doctor told me of—a child had been sick since Monday, and on Friday the mother came for the doctor and requested him to come at once. When he got

there the little fellow was sitting in his high-chair and said : " Here comes the doctor to make me well," and the child was dying then.

Sometimes a child is sick and parents will send to the drug-store for medicine that was used in a previous illness, when, perhaps, it is altogether a different form of illness. So many think a doctor costs too much, but they would be saved weeks of doctor's visitations, besides the funeral expenses, if they would consult a doctor at first. Every mother should be, to a certain extent, a doctor. Experience teaches what to do in many cases, and in case of illness the advice and assistance of a woman of large experience is invaluable. But persons have to be careful not to conclude that they know more than the doctors. They are in danger of bringing on more serious illness by interfering with the doctor's orders.

Persons frequently advise the use of saffron tea in case of measles. Now, while it is true that hot teas are good for measles, it is not generally known that saffron tea produces fever and is likely to bring on the very thing we wish to avoid—inflammation.

In many instances we are constantly reminded of the expression, "A little learning is dangerous." I

would advise every mother to make a special study of her children and the diseases they are likely to have, in order that she may know the importance of sending for a doctor in all cases in which she is in doubt as to the trouble and the treatment.

I have been in houses where children have been ailing and have been told they were ailing that way for days and nothing had been done for them. Sometimes children are scolded and punished for not doing things, when they are really too sick to do anything right. A well child is always in motion. Any change in the countenance of a child, asking for water at unusual times, difference in breathing, loss of appetite, chilliness, hanging about the mother more than common, lying around or being unusually quiet, are all indications that something is wrong; and a wise mother, by noticing these symptoms can oftentimes ward off a severe illness.

Sometimes simply a change of food or a dose of purgative medicine will be all that is needed. If by the second or third day there is no change, do not fail to consult a doctor. It may seem foolish to some to be so particular, but I assure you it will be the means of saving many a little one from the grave,

I have had very little sickness of any seriousness among my children, simply by going to work on them at once. None but a mother will give such attention to a child, hence a mother should be always with her children.

Little ones whose mothers are obliged to spend much time away from home are often very much neglected. In the physical well-being of the child, as well as the spiritual, "eternal vigilance is the price of liberty."

CHAPTER VIII.

DENTITION.

JUST now, when the intense heat is making life hardly endurable to many, the burden falls heaviest on the little children; especially those under five years of age. So universal is the idea that teething and “second-summer” troubles *must* be, that it is hard to convince persons that it is not necessary or inevitable. Everywhere you turn, wherever you see or hear of a baby, if it is sick or fretful, you will hear it ascribed to “teething.” It wouldn’t be so bad if persons understood the trouble and would apply the remedy. But they take it for granted that it *must* be, and try to make the best of it. In the hope that some little sufferer may be helped, as well as its mother, I shall make this a special paper on dentition, although I have said considerable about it in a previous paper.

Dr. Chavasse, in his excellent book says: “The teeth are a fruitful source of suffering and disease, and are with truth styled our first and last plagues.

Dentition is the most important period of a child's life, and it is the exciting cause of many infantile diseases during this period, therefore he requires constant and careful watching. When we consider how the teeth elongate and enlarge in his gums, pressing on the nerves and on the surrounding parts, and thus how frequently they produce pain, irritation and inflammation; when we further contemplate what sympathy there is in the nervous system and how susceptible the young are to pain, no surprise can be felt at the immense disturbance, and the consequent suffering and danger frequently experienced by children cutting their first set of teeth."

The complaints or the diseases induced by dentition are numberless, affecting almost every organ of the body—the brain, occasioning convulsions, water on the brain, etc.; the lungs, producing congestion, inflammation, cough, etc.; the stomach, exciting sickness, flatulence, acidity, etc.; the bowels, inducing griping, at one time costiveness and at another time purging; the skin, causing "breakings out;" all of which is a true picture of the many ills endured by babies—unnecessarily. How dread-

ful ! to think of the great suffering and many deaths that could be prevented.

“ I saw the dead, small and great, stand before God.”

In that number will be many little ones, no doubt, to witness to their suffering and death. I have read many books on the subject, as well as many articles written for different papers and magazines by doctors, and, while differing in some points, they all agree that the stomach influences the teeth, and that the more carefully a baby is fed the less trouble it has cutting teeth. In conversing with doctors of wide experience, I have learned the same truth. Moreover, I know by experience and observation that it is true. My fifth child is now in his second summer, and he, like the others, is perfectly well ; cutting four or five teeth, and we never know he has a new tooth until we happen to see it. And so it was with the others. They were perfectly well during teething, no matter how hot the weather, and it was not by accident or chance. I have made a careful study of what they could digest, and always cooked something especially for them. When they desired to eat other things they saw on the table,

they did not get them, and they ceased to look for them. As they grew older I tried them with different things when they asked for them, and if they got sick they did not get them any more, no matter how much they cried, and that settled it. I was taking dinner with a family several months ago, and I told the gentleman not to give one of the children cheese, and when I looked I saw he had given it to him, so I told him to take it away. He said in a very surprised tone of voice: "He asked for it!" seeming to think he must of necessity have it because he asked for it.

I could give many instances to prove all I say, but it would take too long. I have three rules which I do not allow any one to change:

1st. Never give a child under a year old cake or candy.

2d. Never give meat to a child under two years old.

3d. Never change from milk to table food in hot weather during teething.

In the article for May I have given a list of things which might be given to children who do not nurse. If a baby nurses past the second summer much

trouble is avoided, provided it is not fed all kinds of table food also. Hand-fed babies have less advantage, because it takes more care than many are willing to give to feed them properly.

There is no good reason why a child should have more trouble cutting its first teeth than it has cutting its second teeth. The whole trouble lies in the fact that babies are generally cutting their teeth at an age when even quite careful mothers think (or are persuaded by their friends) that the child needs more food, or, as some say, "stronger food." Plenty of nourishing food, pure air and contact with mother earth will transform a sick, fretful baby into a cheerful, healthy, happy baby.

"They are idols of hearts and of households,
They are angels of God in disguise ;
His sunlight still sleeps in their tresses,
His glory still gleams in their eyes."

CHAPTER IX.

SLEEP.

THERE is no one thing a child needs more than plenty of sleep. The want of it disturbs the delicate nervous system, upsets the digestion, and prevents proper physical development. Where a child sleeps a great deal, even if it is born weak and delicate, it will develop into a strong, hearty child. A baby should never be wakened. Even in case of illness, do not waken it to give it medicine, as sleep will do far more toward restoring health than medicine. Sometimes a young baby will seem to be hungry in its sleep, and persons will take it up and feed it. There is no necessity to do this, as it will surely waken when it gets too hungry.

Children should go to bed early enough in the evening to insure their rising early in the morning without being called.

Very many children have no regular hours for going to bed, and where they are old enough to go to school they never get sufficient sleep, as they are

called up in the morning to get ready for school. Little children are allowed to stay up at night until their elders go to bed, and taken out late at night, until it is no wonder they are cross and irritable.

Many children who cry almost continually would hardly think of crying if they could regularly take a good nap during the day and go to bed early. They are kept out of bed hot nights under the plea, "It is too hot to sleep." Some mothers keep a child up for company. I have my little ones in bed by seven o'clock in winter, and between seven and eight o'clock in summer, and they sleep in spite of the heat, and are far more comfortable than they would be awake.

It is a great relief to me when the little ones are all in bed and I can sit down in quiet to my sewing, reading or writing. Even if a mother is lonely I think it is rather selfish or unwise, to say the least, to deprive little ones of necessary sleep to keep her company.

Occasionally I have known children to sleep very much, and I have heard persons advise the mother to waken them, saying they would sleep their senses away. There is no danger of any child being injured

by healthful, natural sleep. All young animals require much sleep, and it is a positive injury to a child to deprive it of sleep. I have heard mothers say their babies would not take long naps, and no wonder. In the first place, the child was allowed to sleep in the lap, and there it lay in the midst of an animated conversation, and, of course, it did not sleep long. Had it been placed in a darkened room where it could be quiet, it no doubt would have slept much longer. Some mothers put the child to sleep in a crib or cradle, but leave it in the room with others, with the light full in its face, and, of course its sleep is short; for while a child may sleep in the midst of noise, it will not sleep as long as it would where it is quiet.

There is scarcely a habit more inconvenient and injurious than that of training children to sleep by a light. In the first place, it is a positive injury to the eyes, and it makes children afraid to go anywhere in the dark. I have been in households where an extra lamp was needed occasionally, and it was necessary to take the children's lamp. Such an outcry as there would be until it was returned! I have seen children asleep and a lighted lamp shining full in their

faces. I have even heard grown persons say they were afraid to sleep without a lamp burning, because they had always been used to it. Rocking a child to sleep in a cradle is injurious to the brain, and the fact is so far recognized that very few cradles are found in the nursery. It is a disputed question as to the propriety of rocking a child to sleep in the arms. When my oldest (living) boy was born, the doctor strongly advised me to have nothing to do with rocking chairs; I wondered for some time why he should be so severe on the rocking chair, but after I saw how unceasingly the rocking chair is kept in motion by very many women, I understood.

With very few exceptions every woman the minute she picks up a baby begins a rocking motion. I have seen women on the street, and if they were talking to friends, whether standing or sitting, they kept up that constant rocking; and in church I have actually seen mothers keep up a rocking, swinging motion for hours. How they could stand it I cannot imagine. For the woman who has plenty of time, it is no doubt a pleasure to rock a child to sleep; it is delightful to feel the little form in your arms and look down into the little face

and feel that it is all your own, and dream bright dreams of the future; while also you feel what a great loss it would be should the "death angel" claim your little one. But the woman who has much to do and many little ones to care for, is far wiser if she trains her little ones to go to bed awake at a regular hour.

I once saw a mother stop ironing at night to put her little girl, about three years old, to bed; she spent over an hour getting her to sleep, and then had to resume ironing. How much better off she would have been if she could have taken the little one up and covered her nicely in bed and left her. In many households little ones crowd each other so fast that only the wisest training can keep the mother from being constantly worn out, and nothing is harder than for a mother to spend hours trying to rock a child to sleep while there is any amount of work to be done. No matter how hard a child cries, if you will make a habit of putting it to bed *awake* at a certain hour, it will soon stop crying. When the oldest child is trained that way the other children will fall into the same habit without any trouble.

CHAPTER X.

THE MEDICINE CHEST.

It is never safe to delay in sending for a doctor in case of illness ; but there are many times when relief can be given and cures effected by a mother if she knows what to do and has something on hand for emergencies. I have been visiting at houses quite a distance from doctors or drug stores, and in cases of sudden illness or accident there would be nothing in the house. Every mother should have a medicine chest of simple remedies. Sometimes, where delay was inevitable, this medicine chest would save a life and relieve much pain. *The Ladies' Home Journal* for April, 1891, gives a list of things from a trained nurse which will prove invaluable. I shall give it for the benefit of those who may not have it :

“ *Liquids* should be in bottles plainly marked ; powders in wide-mouthed bottles well corked ; liniments in dark-colored bottles, kept by themselves ; ointments in earthenware boxes with covers. It is

better to have small bottles and have them filled frequently, if necessary, as many drugs are injured by keeping.

“ *Castor Oil*.—This is the safest laxative for children. Half a teaspoonful may be given to a baby under a year old, and two to a child of six. Put two tablespoonfuls of iced water in a small cup, pour in the oil carefully, not to touch the sides, and it will form a ball in the water. Let the child suck a piece of ice and then take the oil; the taste will not be perceived. It may also be given in a little hot milk flavored with a few drops of essence of peppermint. Give in cases of vomiting and diarrhoea, from undigested food. A small suppository made of a strip of white soap as thick as a pencil and shaved to a point is better than a cathartic to relieve constipation.

“ *Sweet Spirits of Nitre* reduces fever and causes perspiration. Put a teaspoonful in half a glass of cold water and let the child drink it at intervals. Valuable in a feverish cold.

“ *Paregoric*.—This must be used with caution, as it contains opium. Ten drops may be added to a dose of castor oil for a baby when diarrhoea is excessive,

“ *Wine of Ipecac.*—A good emetic. It does not keep well, and should be renewed every three months. Dose: One teaspoonful for a child over a year old. Follow with a drink of tepid milk, and repeat several times if necessary. The first remedy in croup or accidental poisoning.

“ *Powdered Alum.*—Half a teaspoonful mixed with sugar may be given as an emetic if the first dose of ipecac does not take effect. It may be sprinkled on the canker sores that sometimes appear in the mouth, or sniffed up the nose to stop bleeding.

“ *Lime Water.*—A quart bottle of this may be kept in store, as it does not easily spoil. Add it to the milk in the proportion of one spoonful to eight, whenever the digestion is out of order. Equal parts lime water and linseed oil well shaken before using are excellent for burns or scalds. Cover the wound quickly with baking soda until the pain is gone, then wash off the soda and bind up in this mixture. Use this dressing until the cure is complete.

“ *Glycerine.*—Half a teaspoonful doses relieve the irritation of the throat, caused by coughing. It should never be used on the skin pure, as it then has such an affinity or appetite for water that it ab-

sorbs even the necessary moisture of the skin, and produces a red, feverish, irritated surface. It should be diluted with soft water, rose-water or cologne in equal parts.

“*Friar’s Balsam.*—This is compound tincture of benzoin. A little spread on a piece of linen and bound on a fresh cut will heal it. It can also be applied to sluggish sores that will not readily heal. Wash them with bichloride solution and apply the balsam. A good simple liniment for bruises, or to use in rubbing in lameness.

“*Camphorated Oil.*—The best application for a cold on the chest. Warm the oil, rub the chest and back well with it, and cover with cotton batting secured with safety pins on the shoulders and under the arms.

“*Vaseline.*—The best ointment for ordinary use in roughing of the skin, cracked lips, etc. It does not spoil with keeping.”

I have found vaseline a wonderful help in almost all the disorders of children. For croup, hard coughs, burns and colds it is very good.

There are many things found in every kitchen which are valuable medicines and remedies. In the

first place no head of a family should go to bed at night without being assured that there is a good fire in the kitchen stove, and plenty of hot water in the teakettle. An attack of croup, of convulsions, or of high fever, can be easily relieved where there is plenty of hot water.

Mustard, pepper, salt and spices are useful in many cases. Lard mixed with flour is a cure for burns and scalds, while mixed with salt it forms a plaster for neuralgia. The intense heat of the skin in scarlet fever, as well as the itching, are greatly relieved and the patient comforted by frequent applications of pure lard over the whole body. Cornmeal, bread, and starch are valuable in inflammations, gatherings, felons, boils, abscesses, etc. Cornmeal, in the form of mush, well cooked and with a little lard spread over it, makes a valuable poultice for the abdomen in severe pain.

Baking soda is very good for insect stings. Moisten a pinch of soda with water and apply. For pimples, fever-blisters, burns, poison from ivy: Mix one teaspoonful of soda to one-half glass of vinegar, and apply with cloth to face and hands just before retiring. A small spoonful in a half-glass of

water will relieve disagreeable heartburn or acidity of stomach.

Starch, besides being useful for dusting the chafed parts, so common in infants, makes a good application for erysipelas, eczema and larger excoriations. It may be made into a clear-starch poultice by cooking and applied cold. It will give great relief. Tea and coffee, molasses and vinegar, also have medicinal properties. In our gardens and in the woods can be found many herbs very useful in cases of illness. One of the most useful of these is smartweed. For colic and inflammation in stomach or bowels, make a thick poultice of the weed by filling a flannel bag with the crushed leaves and stems. Wring from water as hot as the flesh will bear and apply where the pain centers, changing for a second hot poultice as often as the first becomes cool. For diarrhoea and dysentery : Make a strong tea of the weed. Simmer a tablespoonful of thick, sweet cream into each cupful of tea. Sweeten with loaf sugar, and give an adult a fourth cupful every three hours. Four or five teaspoonfuls every three hours before nursing is a dose for a baby.

Last summer while away from home, one of my

babies took pneumonia and long after he had recovered he was troubled at night with a hard cough, and I often wondered what I could do to ease it, as the ordinary remedies did not seem to reach it. Every change of weather seemed to bring it on. In the early spring every time I let the two babies spend any time out of doors I would have a sleepless night with them, both troubled with a hard cough, until I came across a poultice which acted like a charm and was especially nice, as I put it on them warm at night and they slept until morning, when I exchanged it for a piece of warm flannel. This is the poultice: A good spice plaster that can be kept on the skin without blistering it for twelve hours, and that acts as a water-compress besides. Four teaspoonfuls of flaxseed meal, two scant teaspoonfuls of mustard, one scant teaspoonful of Cayenne pepper. Mix to a paste with boiling water. Spread on thick muslin. I generally use one several times, warming it in the oven.

“The mother’s eye, full of tenderness,
Must always watch over her children.”

“A little fire is quickly trodden out;
Which, being suffer’d, rivers cannot quench.”

CHAPTER XI.

NARCOTICS.

VERY little medicine is needed in the care of children, if they are carefully watched and properly fed. I have found that each year I can manage to care for my little ones and give them almost no medicine ; vaseline, hot water, onion syrup, so far reach pretty much all their ailments. Hot water is a sovereign remedy for many of the ills of children, and grown folks as well.

When a child has colic from wind or over-feeding, it should be given hot water in small spoonfuls ; in a little while the wind will be driven off, and relief follows ; or, if sufficient is taken, it will cause the child to throw off some of the contents of its stomach. It is so much better than drugs, in that you can take it until you obtain relief, and it leaves no evil effects on the system. I use hot water in preference to anything else for colic in infants. I never give paregoric unless ordered by a doctor ; but I think it well to keep it in the house for emer-

gencies. Laudanum, soothing syrups, etc., I never use.

Babies very often cry because the stomach is overloaded, and they are then given paregoric, laudanum, or some kind of soothing syrups, which puts them to sleep, because they are mostly opium ; but the trouble still remains.

I have seen women getting ready to go to a ball dose their infants with laudanum so that they would sleep all the time they were gone. Many women, in order that they may work undisturbed, make a constant practice of giving babies "drops." One woman makes a practice of washing infants all over in whiskey to make them sleep. I knew quite a nice young girl, who was so different from all the younger children : it was utterly impossible for her to learn her letters or anything requiring mental effort, while the youngest child was quite bright. I often wondered why she was so different from the others, until one day, in conversation with her mother, she told me how she used to keep this child full of things to make her sleep while she took in washing and went out to work a great deal, while the other children had scarcely

been given anything. I ceased to wonder at the difference.

Very many people advise a young mother to use “drops,” or soothing syrups, by the time the baby is a few days old. Thousands of little ones suffer from almost constant narcotism, and are either poisoned out of the world before they are a year old, or they grow up sickly, with depraved appetites and weakened intellects, to fall victims to the vice of intemperance.

Dr. Johnson, of Kennett Square, after an experience of forty-five years, says: “It is our honest conviction, founded upon extensive observation, that the abuse of the digestive organs in early childhood by frequent and over-feeding, the use of condiments, tea, coffee, and quack nostrums vended under the bewitching names of ‘Soothing Syrup,’ ‘Infants’ Cordial,’ ‘Nerve Tonic,’ ‘Golden Bitters,’ ‘Blood Purifier,’ etc., leads in after years to development of the drunkard’s appetite and the misery of the drunkard’s career. How can we expect an infant dosed with anodyne mixtures and narcotic stimulants during the first two or three years of its life, to grow to manhood and not have a strong craving for strong drink, or its twin sister—tobacco?”

A mother should be unwilling to gain rest or ease at the expense of her children.

When a baby is once given something to make it sleep, so that its mother might have time to do something, the temptation soon comes to do so again, and the habit becomes confirmed before she realizes what dreadful injury she is doing her child. Many women use Mrs. Winslow's Soothing Syrup and think it is such an excellent thing. Dr. Ashley says: "I have myself distilled from one twenty-five-cent bottle of Mrs. Winslow's Soothing Syrup sufficient alcohol to make a blaze two inches high, which would burn some minutes."

"The little one that is soothed" by it is in reality *drunk* with both these poisons (opium and alcohol), and many a mother is thus sowing the seeds of an appetite which shall yet produce the saddest results, both to her child and herself. Jamaica ginger, which is kept as a family medicine in many households, is made with ninety-five per cent. alcohol. Nearly all cordials sold for colic contain opium. Analysis reveals morphine, one grain to the ounce, in Winslow's Soothing Syrup.

Mothers often wonder why their children go so

far from their teaching, unmindful of the fact that they themselves laid the foundation in their infant days.

“If you wish to discover the presence of alcohol in anything when it is as strong as ten per cent., place it over heat, on the stove, or over a lamp in a flat pan. When it begins to simmer, hold a lighted match near the surface, and the characteristic pale blue flame will spread over it.”

It is as much the business of every mother to learn the nature of the medicine she gives her little ones as it is for her to see that they are properly fed. She wants to know that she is doing all that is in her power to give her children a right start in the world physically, mentally, and morally.

Many a man or woman has an up-hill journey through life, only to be lost at last because of the mistakes of his mother in his infant days.

God hasten the day when mothers—man’s first, last and best friend—will be so trained that they will be able to give to him an heritage of good only.

Oh, the precious buds of childhood !
None can see the fruit or flower,

For the influence, wrong or holy,
Makes or mars the manhood's hour.

In the Father's special keeping
May the mothers all be found,
Till the sowing and the reaping
To His glory shall redound.

CHAPTER XII.

CONSTIPATION.

IN speaking on the care of children, I have especially aimed to speak of the things a mother is apt to treat herself, and thus often run into grave mistakes. Constipation is one of the most troublesome of all the cases with which she has to deal, and one in which many serious mistakes are often made. This is one of the most common ailments of childhood, and may be relieved in a variety of ways. In the case of infants, the habit may be inherited from the mother, and the regulating of her bowels will produce a cure. It may also be caused by tight clothing. Milk is binding when not mixed with water. Last winter I regulated the bowels of my two youngest boys. The baby was inclined to be costive, and I sweetened his milk with brown sugar and diluted it with water. The other one was inclined to be too loose, so I stopped putting water in milk and sweetened it with white sugar, and the result was just what I desired.

The juice of an orange is also useful for an infant ; it should not be given too near the time for its milk. Prunes covered with water, boiled until they form a pulp, and then strained, make an excellent laxative. A teaspoonful can be given every morning to a baby six months old ; increasing the dose for older ones. Sometimes the lower bowel is inactive, and a suppository, made by scraping a piece of white soap to the thickness of a lead pencil, can be inserted. It will be expelled with the movement. With older children, attention to the diet is all that is necessary to give relief.

The difference between natural and artificial remedies is this : the results from natural remedies, food and drink, are reliable, safe and permanent ; those from artificial means are always more or less injurious or shocking to the system. I have seen mothers give their children great quantities of crackers, and then dose them constantly with castor oil, etc.

A healthy child, under a proper system of diet and sufficient exercise, will have an action of the bowels once every day. "Habit," says Dr. Combe, "is powerful in modifying the result, and in sustaining healthy action when once fairly established.

Hence the obvious advantage of observing as much regularity in relieving the system as in taking our meals." Judiciously conducted exercises and a proper adaptation of the food to the needs of the system, constitute the only safe and natural cure of constipation.

Those kinds of food are best adapted to relieve costiveness, which leave much undigested refuse to stimulate the intestines to free action. Hence one of the very best articles of food in respect to an open condition of the bowels is boiled turnips, having only four per cent. of nutriment. On the other hand, if it is desirable to control the actions of the bowels by using food which has less waste, boiled rice is mainly eaten for a day or two, and if at first parched as we do coffee, and then boiled and eaten as usual, so much the better. Instead of having only four per cent. of nutriment, as the turnips, it has eighty-eight, and only twelve per cent. of waste, instead of ninety-six. In this relation we may group the most important foods as follows: Those of constipating tendency: Bread and cakes, from fine wheaten flour; rice, beans, peas, meats, eggs, tea, and alcoholic drinks. Those of

a laxative tendency: Wheaten bread and cakes from unbolted flour, rye bread, corn bread, raw sugar (from the molasses it contains), fruits (raw and cooked), and generally substances abounding in ligneous matter, as skins, cores, husks, bran, etc. Vegetables of all kinds, especially spinach, are useful as laxatives.

Dr. Dio Lewis says: "Constipation can be relieved by drinking cold water on rising in the morning and on going to bed at night, as much as the stomach will bear; by the use of cracked wheat, oatmeal porridge and fruits. Stewed prunes often afford almost immediate relief."

School children are often great sufferers from constipation, causing almost constant headache, etc. Three-fourths of all our ailments occur, or are kept in continuance, by preventing the daily food which is eaten from passing out of the body, after its substance has been extracted by the living machinery, for the purpose of renovation and growth.

CHAPTER XIII.

CLOTHING.

THE clothing of a child, especially about the chest, should be large and full in every part, so that the circulation of the blood may not be impeded, and that there be plenty of room for the full development of the rapidly growing body. Tight bands or tight belts around the waist of a child are very injurious to health ; they interfere with the rising and falling of the ribs, so essential to breathing. Unless the chest can expand fully and with perfect ease, a portion of the lungs is not filled with air, and thus the full purification of the blood is prevented. This movement of the lungs when they are fully inflated, increases the movement of the stomach and bowels and promotes digestion ; any constriction of the waist tends to impede this important operation, and indigestion—with all its attendant evils—is often the result. Babies, in particular, suffer from too tight clothing. Their bones are as elastic as cartilage, and their flesh soft and

yielding, so that deformities for a lifetime are sometimes caused by tight clothing. Children need exercise even in early infancy, and they are too much hampered in their movements very often by their clothing.

Children should be kept warm. “The neglect of this is one of the two most fruitful causes of infantile death, a sickly youth, a miserable maturity, and a useless and helpless and complaining age, if, indeed, even threescore is ever reached.” Many people talk of hardening a child, and think thus to make it stand everything.

John Hunter was one of the greatest among medical men. His favorite prescription for children was: “Give them plenty of milk, plenty of sleep and plenty of flannel.” The younger a child is the less power it has of resisting cold. During the first months of infant life the external temperature has a very marked influence. It was found in Brussels that the average infant mortality of the three summer months is 80; that of January, 140; and the average of February and March, 125. Extensive investigations have been made in France in reference to this point. It is there required, in

some districts, that every infant at birth be carried to the office of the mayor to be registered; it is found in these districts that the deaths of newly born infants are more numerous in the cold than in the warm months, and that there are more deaths among those that live at a distance from the mayor's office. Hence it is very important that they should be warmly clothed. Flannel should be worn at least in the winter months.

Children should also be dressed in such a way as to allow full freedom in play, without a constant fear of injury to their clothes. Put strong, dark clothes on them and let them come in contact with "mother earth," and they will grow in health and strength and will be far more contented.

CHAPTER XIV.

RELIGIOUS TRAINING.

A PAPER on the care of children would be incomplete without considering their spiritual training. All the care we can bestow upon a child is worse than useless if while caring for the body we neglect the soul. The duty of training children is relegated to the mother. In many things the mother has the most to oversee; but when it comes to the spiritual training of a child, the father is equally as responsible as the mother. The father thinks it his business to attend to affairs of State, and would not think of putting his work into other hands; yet he ignores his share in the moral training of his children very often.

Few children can say, like Alice R. Palmer: "My father's whole life was a lesson to me. It is condensed in the words of the 103d Psalm: 'Like as a father pitieth his children, so the Lord pitieth them that fear him.' I learned to know the Heavenly Father from the ever constant, loving care of the earthly one."

Too often the mother is expected to train the child in all that is pure and noble, while the father presents an entirely different side in his daily example. Fathers so often think that so long as they furnish money for the physical necessities they are doing their share, forgetting the stern inquiry of God: "If a son shall ask bread of any of you that is a father, will ye give him a stone?"

Fathers, know your children; study their characters; learn their tastes and inclinations, that you may influence the one and cultivate the other. How many a father has professed utter astonishment when his son has been guilty of some crime. "I never knew the boy. I thought him entirely different." Whilst all the while the mother, true to her vocation of parent, had sorrowfully known and kept it hidden in her heart, knowing it of little use to confer with the father, whose only logic is force, and whose impatience of youthful folly admits of no excuse. "A wise son maketh a glad father." He shares the joy or sorrow which his children bring: he should also share the work of training them, even as in God's sight he also shares the responsibility.

“That will by no means clear the guilty ; visiting the iniquity of the fathers upon the children and upon the children’s children unto the third and to the fourth generation.” The mothers hear so much about their duty in the moral training of their children that I think very often they need encouragement more than anything else. It is a subject of very great importance, so much so that a woman who is not a Christian should feel, when she becomes a mother, that her first duty is to become a Christian, that she may train her child aright.

Mothers, as a general thing, are very earnest in trying to train their children correctly, both by precept and example. I have often wondered, however, how many ever think when tasting things out of the boxes and barrels in the stores, that the children are there getting their first lessons in taking things—a lesson that too often develops in stealing. Mothers, in their efforts to bring up their children properly, should not treat them in such a way as to give them a dislike to all that is good, like the little girl who, after having sat in the house all day Sunday like a good child, said :

“Mamma, have I honored you to-day ?”

“Why do you ask?”

“Because,” said the little one, sadly shaking her head, “the Bible says, ‘Honor thy father and thy mother: that thy days may be long;’ and this has been the longest day I ever saw.”

I have heard parents say to a small child while caressing it: “Now you tread my lap; after awhile you will tread my heart.” The parents who think and feel that way may (as a general thing) be quite sure that it will be so, and they may blame themselves for it. Where little is expected, little is received. Make a child feel that you expect only bad from it, and in a little while you will kill all its ambition, and it will feel there is no use in trying to be good. If we would oftener look back to our feelings when we were children, we would not be apt to make such discouraging remarks. You should have confidence in your children. Make them feel that you expect great things of them. Like Nelson, when he said to his men, “England expects every man to do his duty to-day.” If you do all in your power, trusting in God, you have His assurance that your child will be all you can desire.

There are a class of people in the world who

would discourage all the fond dreams of a mother in regard to her child. If the mother believed all that these croakers say, there would be no use in trying to make good children, because they would know their labor was in vain. To have a mother strive for the salvation of her children without hope, would be worse than making bricks without straw. Our children may prove to be wayward; but we will be all the happier if we don't expect it, and if we faithfully do our part, surely we can trust God for the rest. So I would say, look for the best in your children, and strive to develop that; and no matter what happens, hold on to them with loving patience. I have noticed within the past year that in every case where a woman came into the church when a child, her child, and, in some cases, her grandchildren, came into the church while yet children. About a month ago we took four children into the church; among them was one child ten years old, her mother became a Christian at twelve years of age, her grandmother became a Christian at ten years of age. Her sister also became a Christian two years ago at the age of twelve years, and

to-day they are all members of our church. We should remember that a child is not born all at once. At birth much of their nature lies dormant. The state recognizes the fact that a man is not born until he is twenty-one years of age. How often do we hear persons speak harshly in regard to children because of their faults. We must remember that it requires "Precept upon precept, precept upon precept; line upon line, line upon line; here a little, and there a little." We must study the best ways to reach and hold our children, and with all the care we can give them we can look only for gradual results.

"First the blade, then the ear, after that the full blade on the ear." Much has been said about the mother's influence. It is far-reaching. A gentleman, after trying hard to convince a young man of something, finally said, "I don't see why I can't make you change your opinion." "I will tell you why," said the young man: "my mother taught me that." The mother has the child with her the first few years of its life, and by the help of God she can train it to become a good and useful citizen of

this country, and a future resident of that heavenly home to which we are all aspiring.

“They say that man is mighty,
He governs land and sea,
He wields the mighty sceptre
O'er lesser powers that be ;
But a mightier power and stronger
Man from his throne has hurled,
And the hand that rocks the cradle
Is the hand that rules the world.”

CHAPTER XV.

THE CARE OF BOYS.

THERE are many books written on children and children's diseases ; but there are some things in regard to boys that every mother should know, which are not mentioned.

There is one disease called phimosi*s*, which often exists at birth. A general knowledge of this condition would save hours of suffering, as the mother could call the doctor's attention to it ; and in many instances the trouble would be avoided altogether if the mother every morning when washing her baby boy would draw back the foreskin. I asked Dr. W. H. Mostellar to write an article on this subject, and he has written on "The Care of Boys" the following :

"Much untold misery and suffering often occur in boys and young men, which, were it not for ignorance, might be prevented. It is that of uncleanness or the proper attention given to the sexual organs and the excitement of the sexual passion.

It is difficult to state at what age this passion of sex begins—a passion in which the noblest and most unselfish emotions arise; a passion which moulds the most perfect natures by its sweet influence, forming and elevating those ties which bind humanity to a holy effort. It is like the genii which obeyed the magic ring in Oriental tale. So long as the owner of the jewel did not violate its law, that long the genii were his willing slaves, and brought him wealth and glory. But when he became untrue to himself, then they rose upon him and hurried him away defenseless to the gloomy cavern and the unquenchable flames. Therefore, he who is wise recognizes in the emotions of youth a power of good and a divinely implanted instinct, which, if properly trained and guided, will form a more symmetrical and perfect being. This being true, we should begin in the infancy to attend to those physical abnormalities which often excite the sexual passion and cause many infantile diseases.

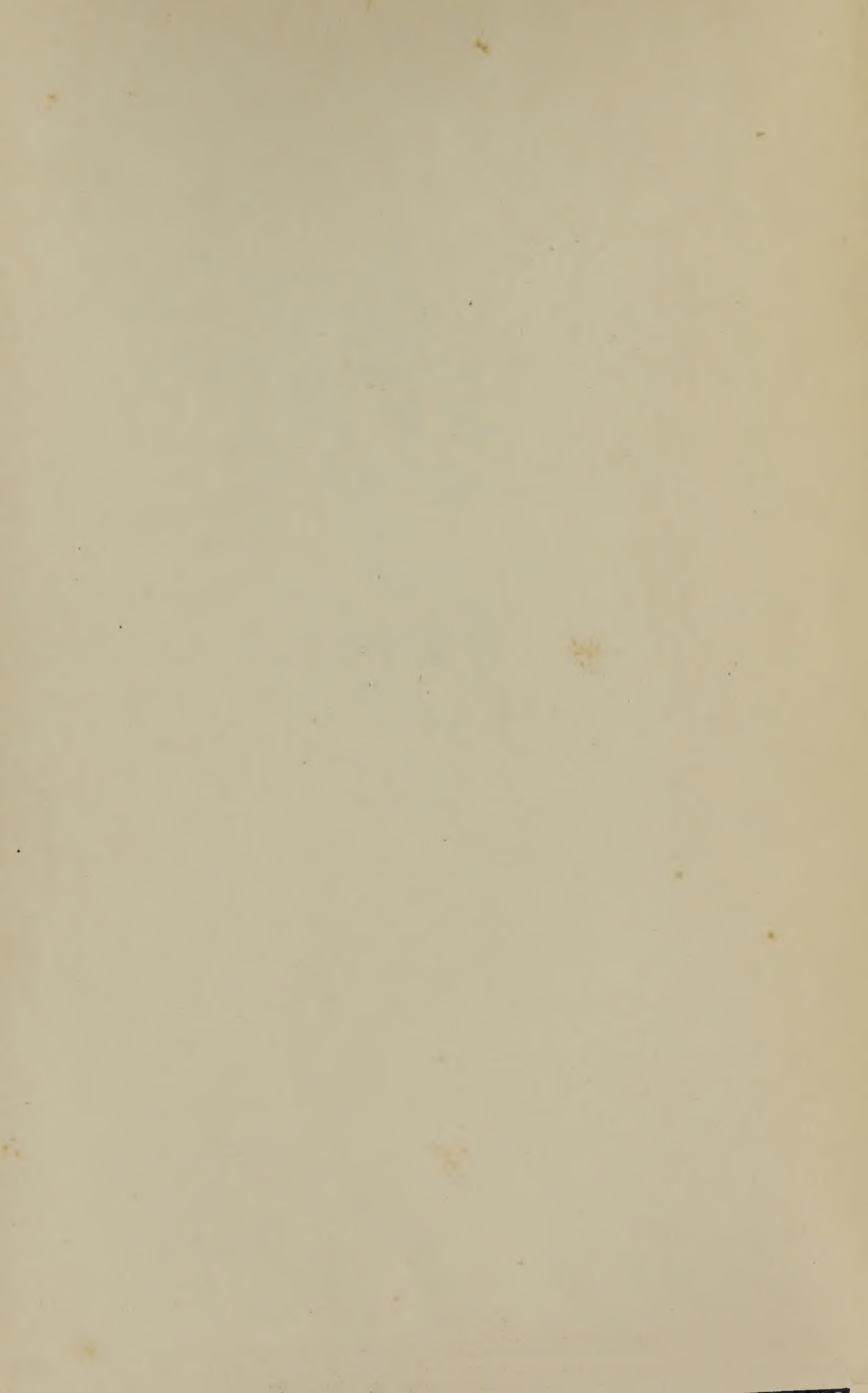
“My experience as a physician, is that a long prepuce in a boy is much more the frequent cause of evil habits and untold misery than most parents and medical men are aware of. It is often the

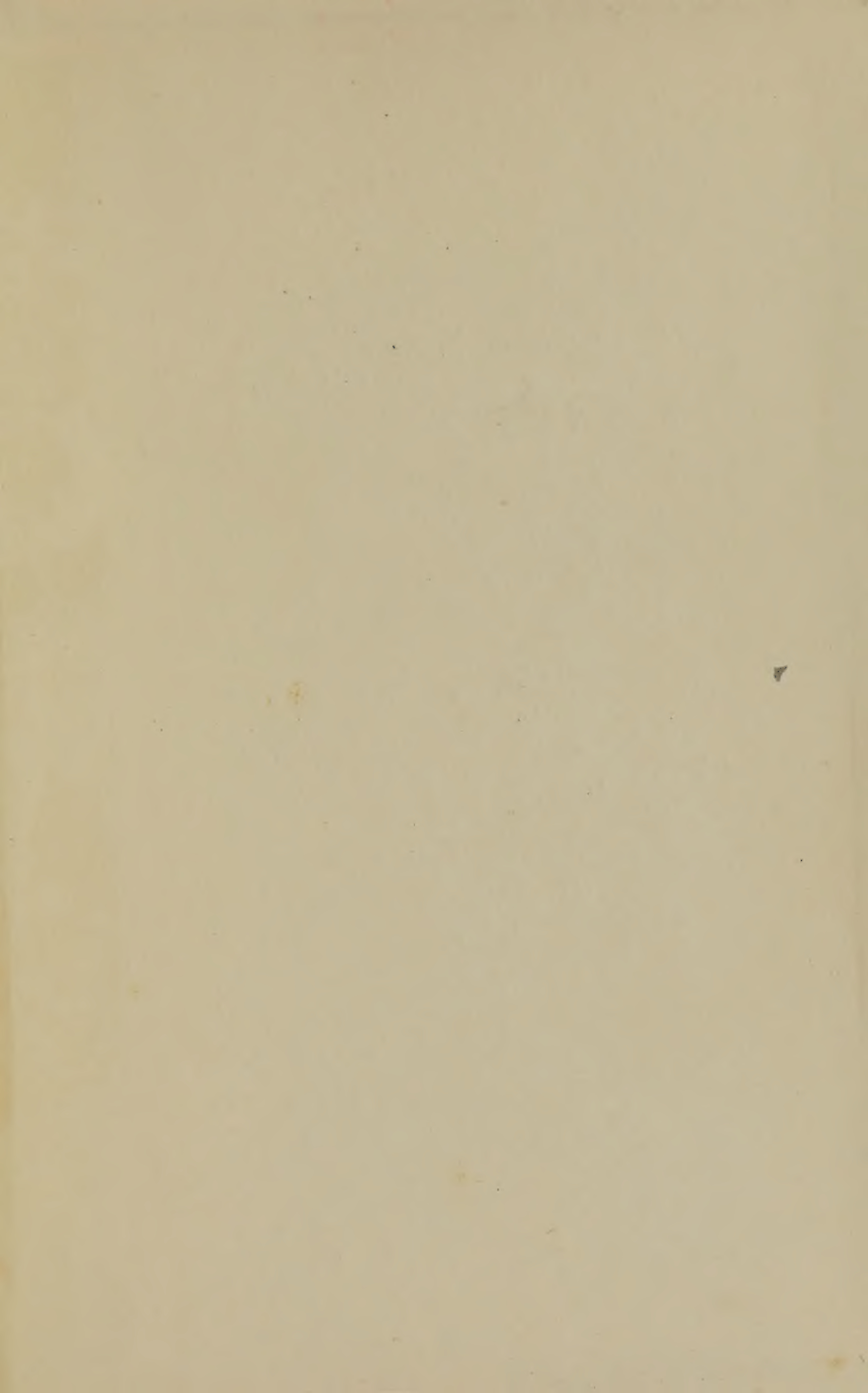
cause of spinal and hip disease ; distressing nervous symptoms, such as wetting the bed, gritting the teeth, and many of the involuntarily muscular twitchings and irregular movements of the limbs.

“ In many boys the opening of the prepuce is smaller than that of the urethra, and when the child passes his urine the prepuce is distended and some of the urine is retained, forming an irritation, which in time excites the sexual function and likewise causes disease of the sexual organ.

“ It was an ancient religious rite amongst the Jews, and some other nations, to perform circumcision in all male children. The general adoption of this ancient religious rite on the grounds of hygiene, would be a grand and noble precaution against much that is now filthy and abominable.”

All boys should be assiduously trained to look with distrust and abhorrence on whatever is indecent in word or action. They should be taught the sense of shame ; that modesty is manly and honorable ; that immodesty is base and dishonorable. Train them that a clean tongue is as necessary as a snow-white shirt, and that it is the greatest of all sanitary means to keep a pure, upright manhood.





WS 80 H878h 1898

48630960R



NLM 05251102 1

NATIONAL LIBRARY OF MEDICINE